

**The Elimination Diet Manual:**

How to effectively eliminate foods that could be contributing to emotional,  
behavioral, and medical issues

**eBook Companion and Daily Diary**

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and

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School Psychologist

## About the eBook Companion and Daily Diary

If you have downloaded this companion, you likely did so after purchasing our new eBook - ***The Elimination Diet Manual***, which is a guide to helping you explore dietary sources for some of the emotional, behavioral, and physical concerns we may be experiencing. For many, the program presented in ***The Elimination Diet Manual*** is a natural treatment approach for children and adults struggling with symptoms associated with ADHD/ADD, Anxiety, Depression, poor concentration, irritability, memory difficulties, IBS, diabetes, and many other mental and physical ailments. We are happy that you chose to explore your diet as a possible cause for the troubles you are experiencing.

If you found this companion serendipitously but now find yourself intrigued with the idea that many of the psychological and physical complaints that trouble you may be remedied with a change to your dietary habits, you can find our eBook through the Amazon kindle store at [www.amazon.com](http://www.amazon.com).

We are very happy to offer this manual as an eBook, as it offers access to our program to individuals around the world and at a very reasonable cost. However, one major limitation to the eBook format is that the electronic version did not include the paperwork that program users need to complete. We are, therefore, providing this free download that you can print out and use as you work through the program. You may choose to print out the entire packet or you can simply use it as way to keep track of your progress in your own diary/journal. Either way, we offer these worksheets to help maximize the effectiveness of the program for you. We have matched portions of this companion to the corresponding eBook sections to make it easy for you to track your progress. As we mention in the eBook, progress monitoring - noting your successes - will be key to your overall assessment and success!

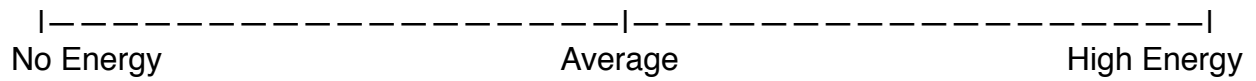
We encourage you to reach out to us on Facebook ([www.facebook.com/paedeia](http://www.facebook.com/paedeia)) or at our practice website ([www.pacflorida.com](http://www.pacflorida.com)). We are more than happy to answer questions and provide additional guidance as you work through the program. Moreover, we would love to hear about your experiences, both good and not-so-good. So please write to us so that we can share your testimonials with others who may be uncertain as to the effectiveness and benefits of such a program.

Thank you again and good luck with your mission!

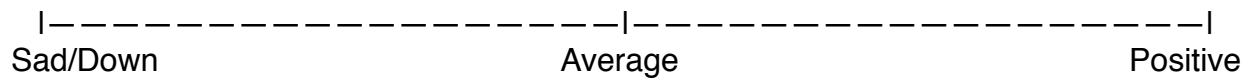
# So... Are you ready to begin?

## BASELINE ASSESSMENT

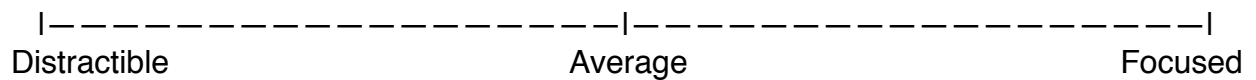
How do you rate your typical energy level?



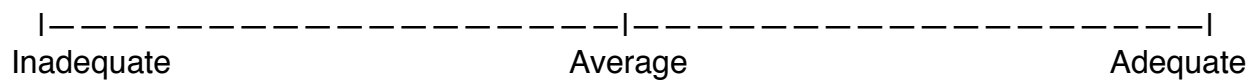
How do you rate your typical mood?



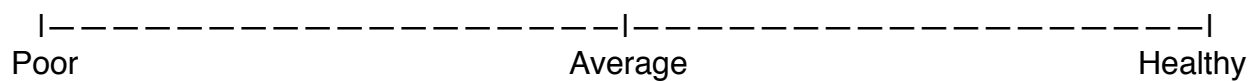
How do you rate your ability to concentrate?



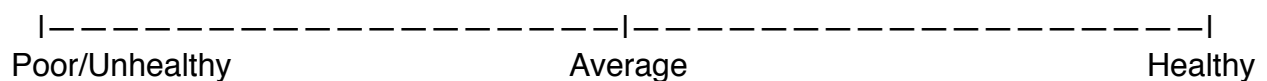
How do you rate your quality of sleep?



How do you rate your overall physical health?



How do you rate your current diet?



What personal (medical or psychological) concerns do you have?

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What do you hope to see altered by your new lifestyle choices?

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What are your concerns regarding the new plan?

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# Weeks 1 and 2: Elimination

Day 1: Date \_\_/\_\_/\_\_\_\_

**Breakfast:**

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**Snack:**

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**Lunch:**

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**Snack:**

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**Dinner:**

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Day 2: Date \_\_/\_\_/\_\_\_\_

**Breakfast:**

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**Lunch:**

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**Dinner:**

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Day 3: Date \_\_/\_\_/\_\_\_\_

**Breakfast:**

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**Lunch:**

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Day 4: Date \_\_/\_\_/\_\_\_\_

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Day 5: Date \_\_/\_\_/\_\_\_\_

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Day 6: Date \_\_/\_\_/\_\_\_\_

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**Lunch:**

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**Dinner:**

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Day 7: Date \_\_/\_\_/\_\_\_\_

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**Lunch:**

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**Dinner:**

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Day 8: Date \_\_/\_\_/\_\_\_\_

**Breakfast:**

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**Snack:**

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**Lunch:**

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**Dinner:**

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Day 9: Date \_\_/\_\_/\_\_\_\_

**Breakfast:**

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**Snack:**

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**Lunch:**

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**Dinner:**

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Day 10: Date \_\_/\_\_/\_\_\_\_

**Breakfast:**

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**Lunch:**

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Day 11: Date \_\_/\_\_/\_\_\_\_

**Breakfast:**

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**Lunch:**

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Day 12: Date \_\_/\_\_/\_\_\_\_

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Day 13: Date \_\_/\_\_/\_\_\_\_

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**Snack:**

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**Lunch:**

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**Dinner:**

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Day 14: Date \_\_/\_\_/\_\_\_\_

**Breakfast:**

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**Lunch:**

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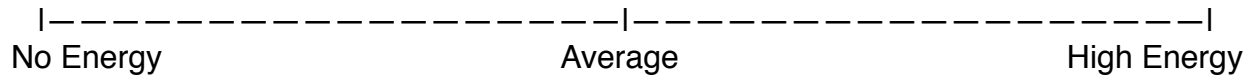
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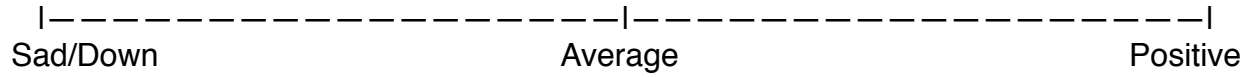
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# Elimination Phase Assessment

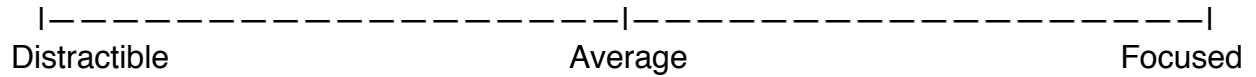
How do you rate your current energy level?



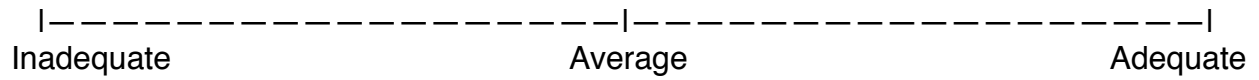
How do you rate your current mood?



How do you rate your current ability to concentrate?



How do you rate your current quality of sleep?



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# Days 15 and 16: Dairy

Day 15: Date \_\_/\_\_/\_\_

Day 16: Date \_\_/\_\_/\_\_

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# Days 17 and 18: Elimination

Day 17: Date \_\_/\_\_/\_\_\_\_

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Day 18: Date \_\_/\_\_/\_\_\_\_

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# Days 19 and 20: Gluten

Day 19: Date \_\_/\_\_/\_\_\_\_

**Breakfast:**

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**Snack:**

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Day 20: Date \_\_/\_\_/\_\_\_\_

**Breakfast:**

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**Lunch:**

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# Days 21 and 22: Elimination

Day 21: Date \_\_/\_\_/\_\_\_\_

Day 22: Date \_\_/\_\_/\_\_\_\_

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# Days 23 and 24: Corn

Day 23: Date \_\_ / \_\_ / \_\_\_\_

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Day 24: Date \_\_ / \_\_ / \_\_\_\_

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# Days 25 and 26: Elimination

Day 25: Date \_\_/\_\_/\_\_\_\_

**Breakfast:**

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Day 26: Date \_\_/\_\_/\_\_\_\_

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# Days 27 and 28: Soy

Day 27: Date \_\_/\_\_/\_\_\_\_

Day 28: Date \_\_/\_\_/\_\_\_\_

**Breakfast:**

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# Days 29 and 30: Elimination

Day 29: Date \_\_/\_\_/\_\_\_\_

**Breakfast:**

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Day 30: Date \_\_/\_\_/\_\_\_\_

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# Days 31 and 32: Eggs

Day 31: Date \_\_/\_\_/\_\_\_\_

**Breakfast:**

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Day 32: Date \_\_/\_\_/\_\_\_\_

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# Days 33 and 34: Elimination

Day 33: Date \_\_/\_\_/\_\_\_\_

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Day 34: Date \_\_/\_\_/\_\_\_\_

**Breakfast:**

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**Lunch:**

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# Days 35 and 36: Nuts

Day 35: Date \_\_/\_\_/\_\_\_\_

**Breakfast:**

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**Snack:**

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**Lunch:**

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**Snack:**

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**Dinner:**

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Day 36: Date \_\_/\_\_/\_\_\_\_

**Breakfast:**

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# Days 37 and 38: Elimination

Day 37: Date \_\_/\_\_/\_\_\_\_

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Day 38: Date \_\_/\_\_/\_\_\_\_

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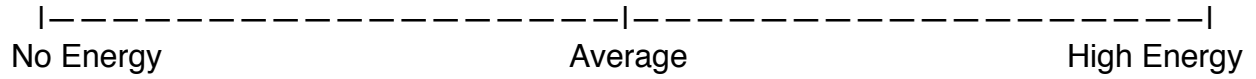
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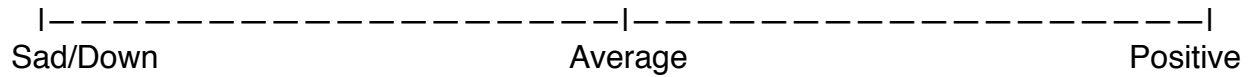
# Post-Elimination Phase

## FINAL ASSESSMENT

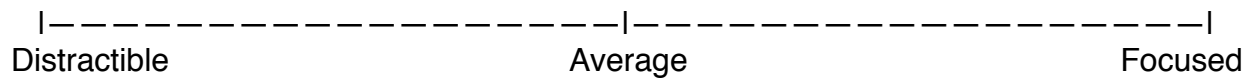
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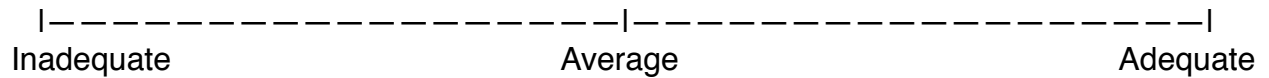
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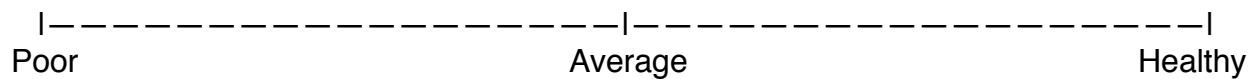
How do you rate your ability to concentrate?



How do you rate your quality of sleep?



How do you rate your overall physical health?



How do you rate your current diet?

